

# BEHIND HAPPY FACES



TAKING CHARGE OF YOUR MENTAL HEALTH

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# Mental Health



Mental Health isn't having a problem.

It's how you balance everything in your life.

Balanced mental health is something all of us should have.

A person with reddish-brown hair, wearing a blue shirt, is holding a torn piece of white paper in front of their face. The paper has the word "Help!" written on it in a black, handwritten font. The background is a blurred green, suggesting an outdoor setting.

Help!



# Why don't people seek help?

Tweet answers @rosseszabo

# Mental Health Spectrum

## Everyday Challenges

Stress  
Lack of Sleep  
Low Self Esteem  
Poor Body Image

## Environment

Verbal Abuse  
Bullying  
Sexual Abuse

## Significant Events

Death  
Divorce  
Breakups  
Major Illness

## Mental Health Disorders

Depression  
Anxiety  
Bipolar Disorder  
Schizophrenia  
Eating Disorders

## Developmental Disabilities

Intellectual Disabilities  
Autism  
Aspberger's Syndrome  
ADHD

Balanced Life

Difficult to Balance

Need Help or Constant Assistance

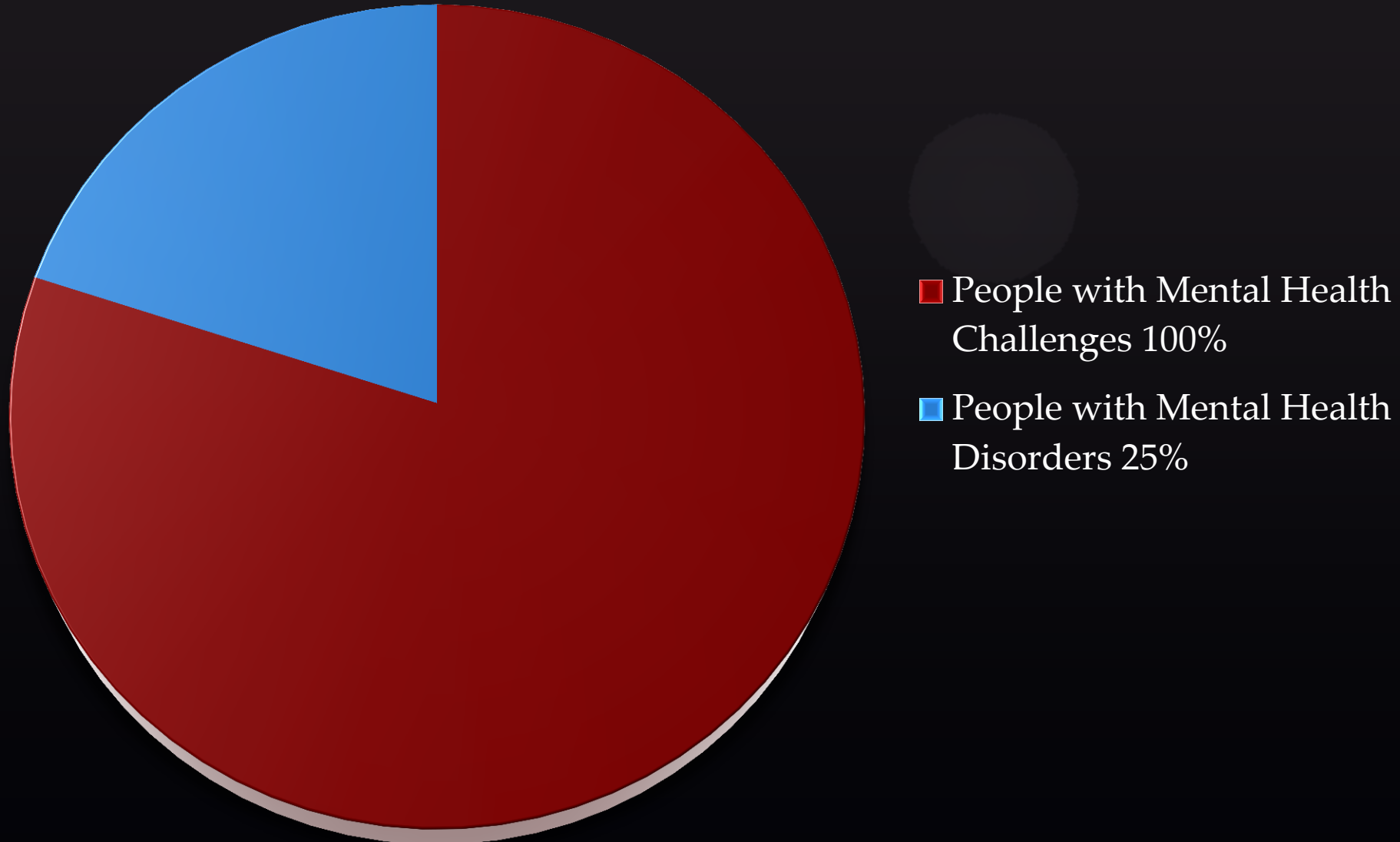
Not Able to Balance

# Percentage of People Affected by Mental Health



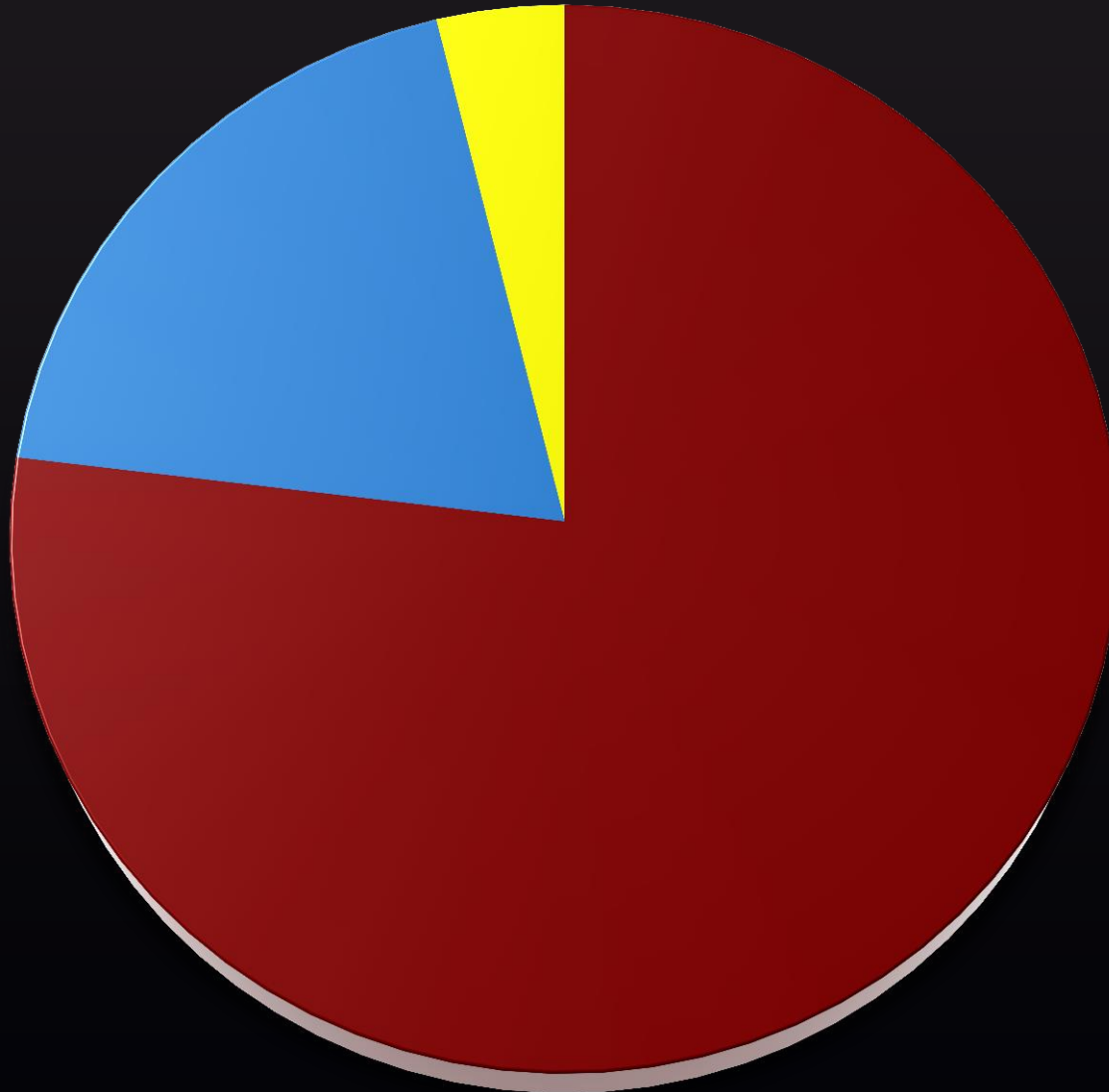
■ People with Mental Health  
Challenges 100%

# Percentage of People Affected by Mental Health

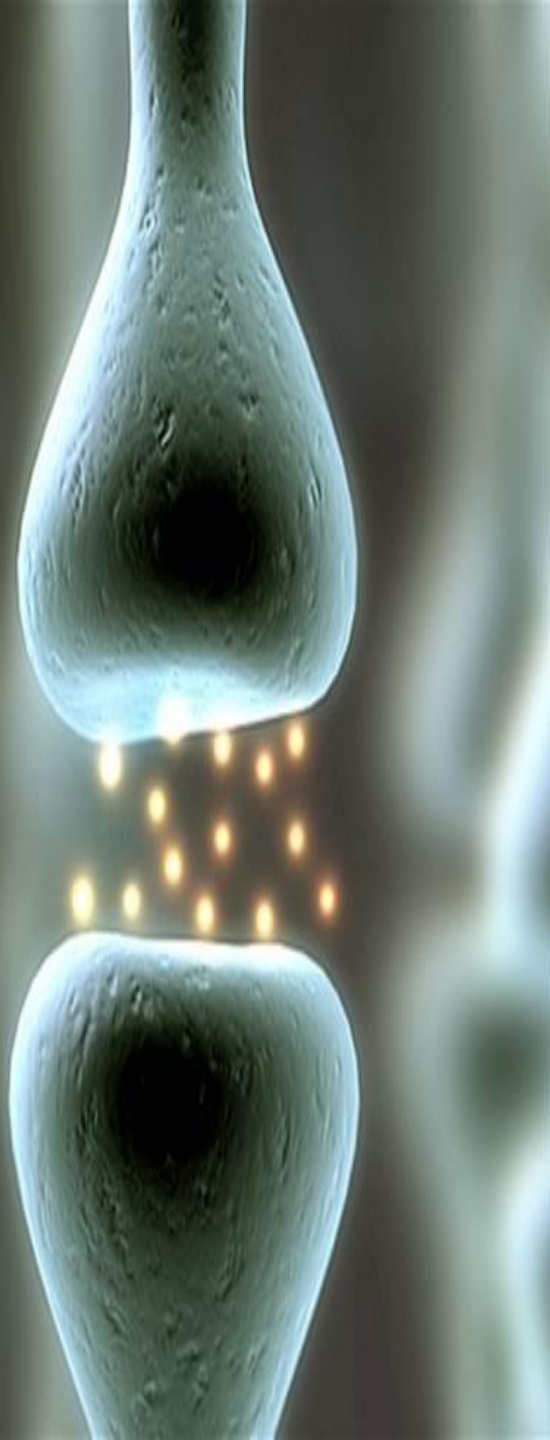




# Percentage of People Affected by Mental Health



- People with Mental Health Challenges 100%
- People with Mental Health Disorders 25%
- People with Severe Mental Illness 5%

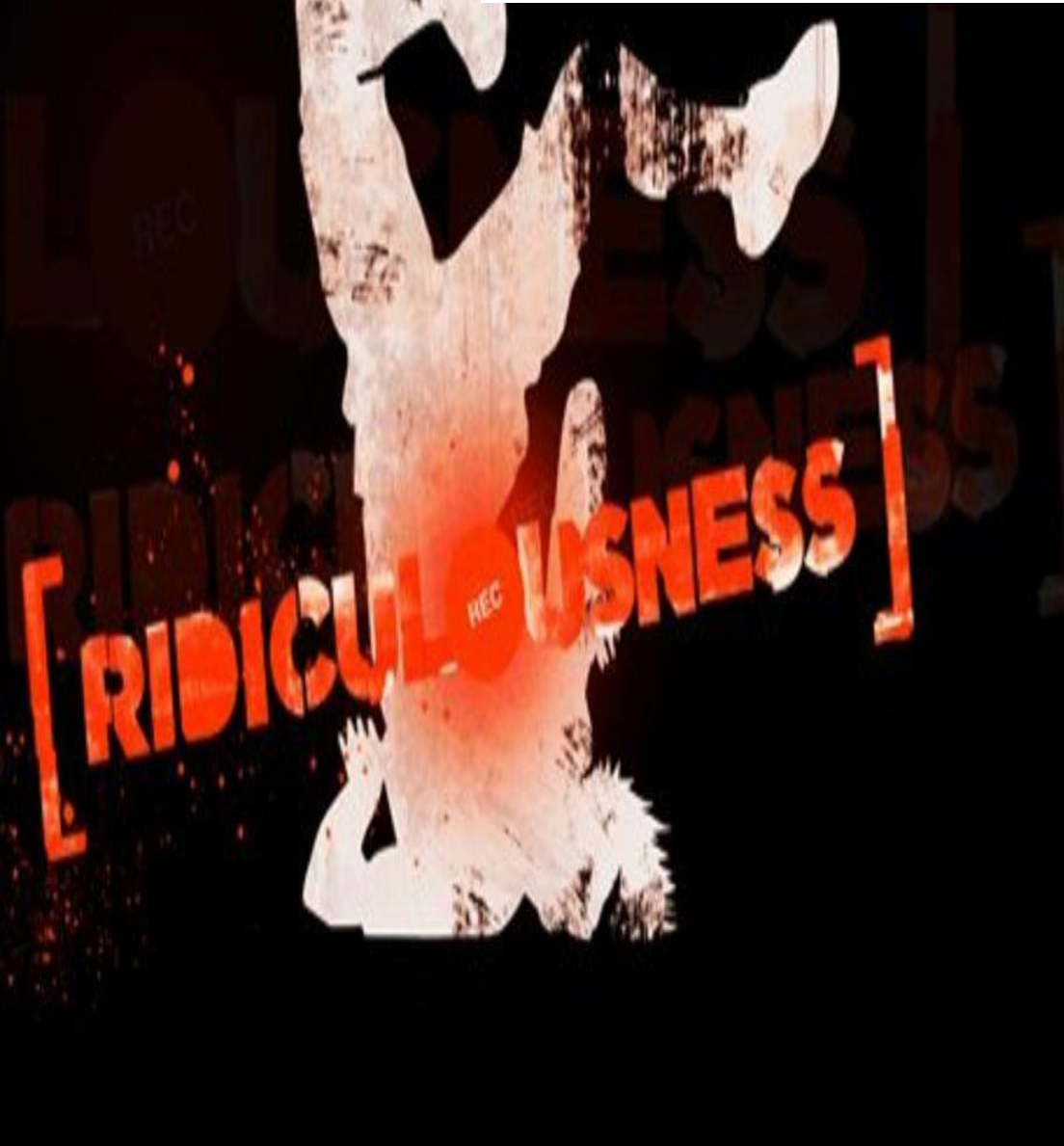


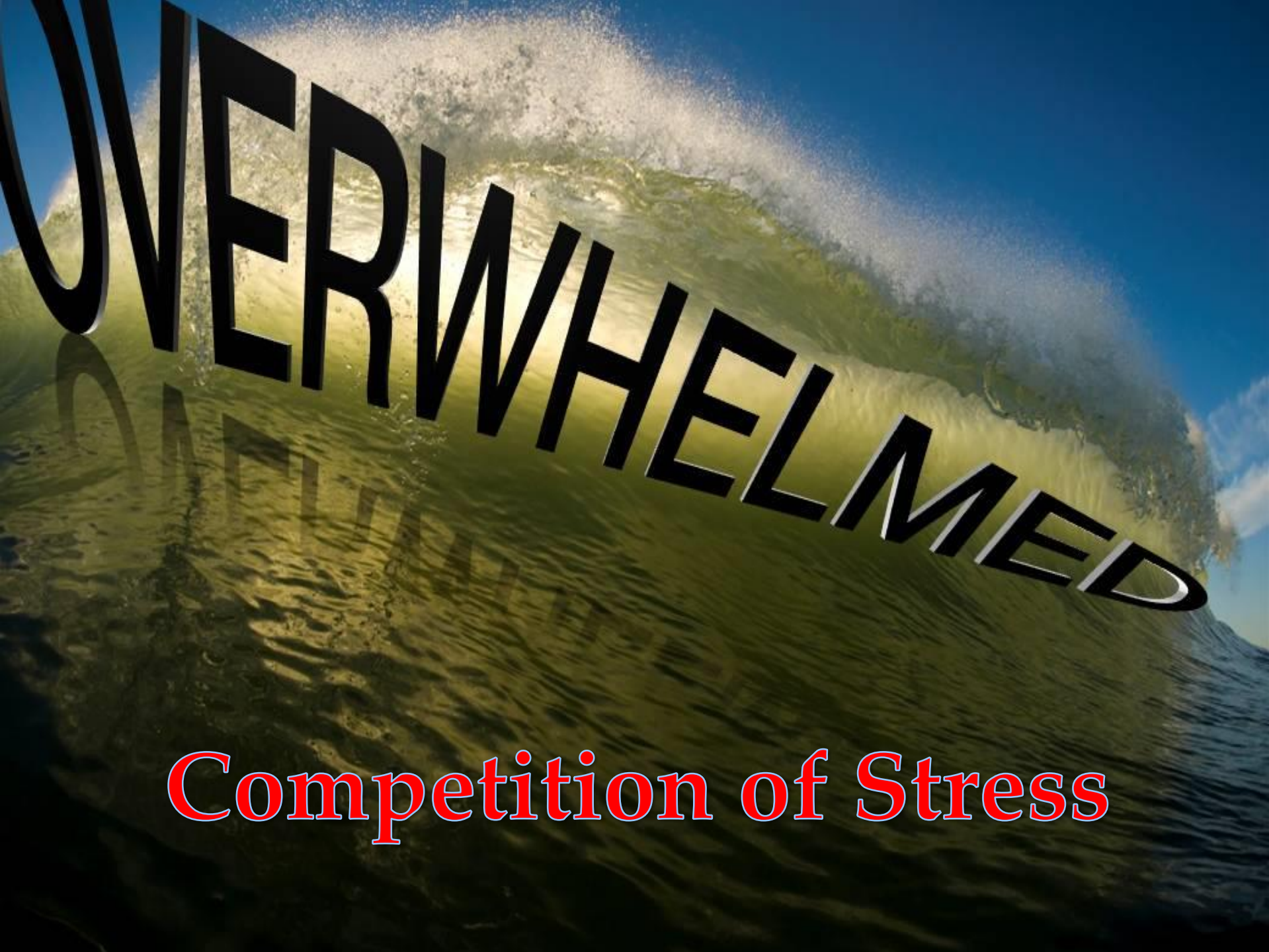
# Pre Frontal Cortex





# AMYGDALA





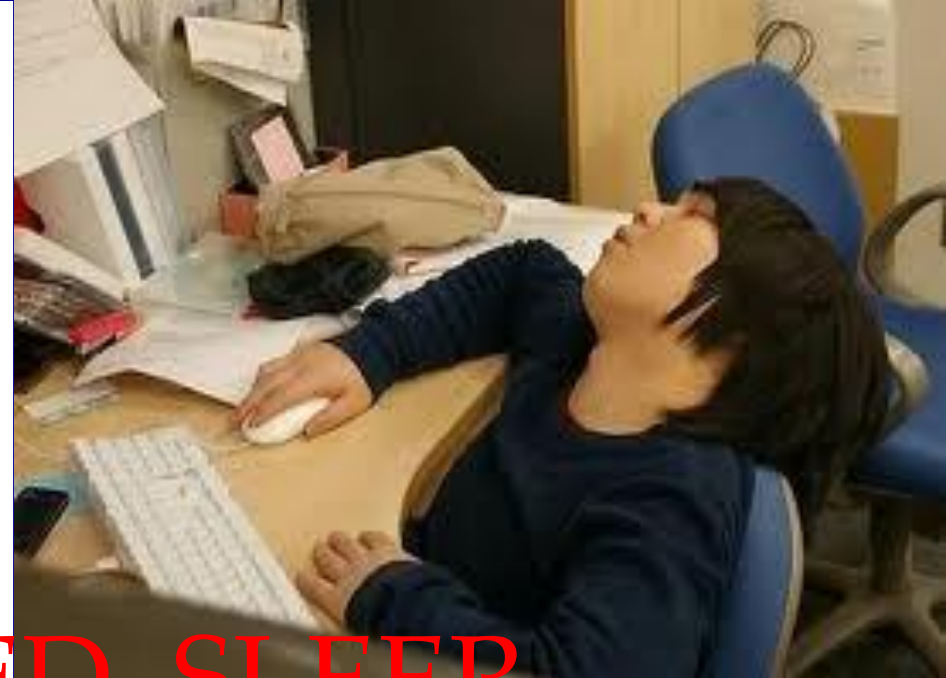
Competition of Stress



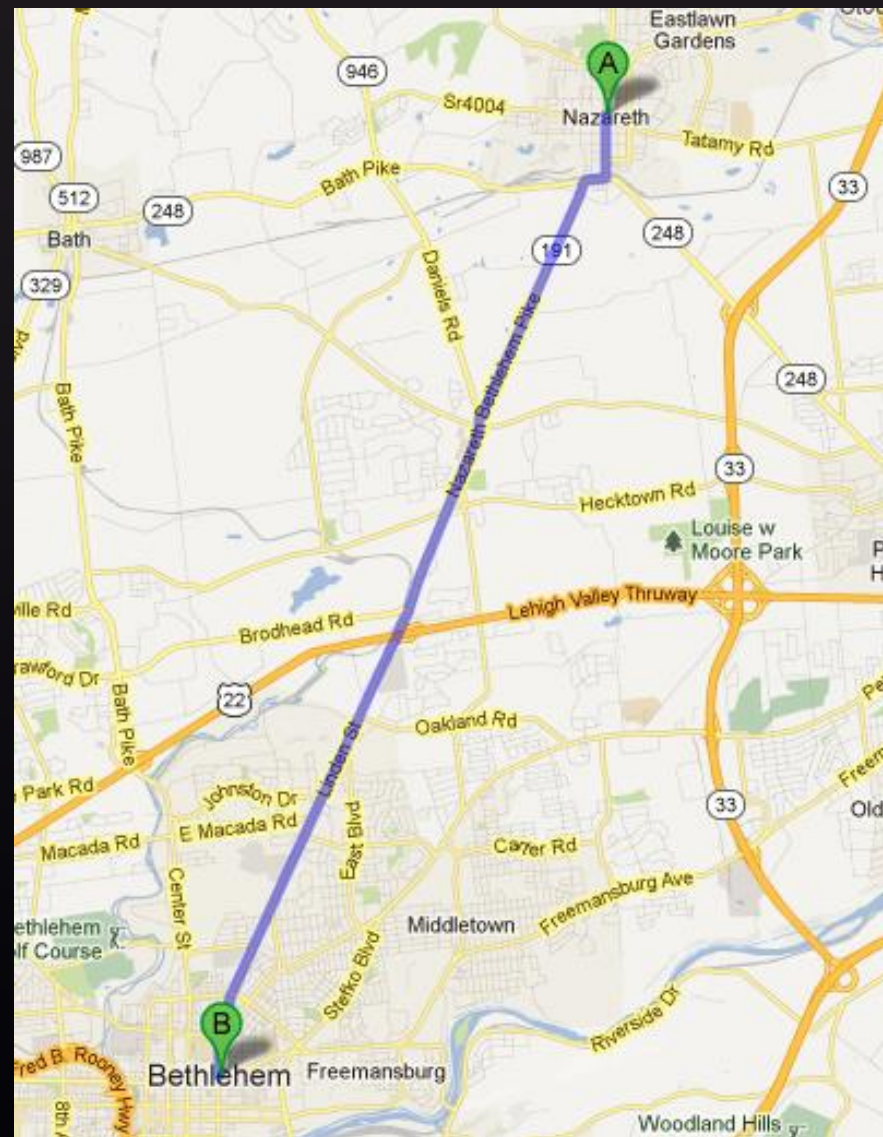
You Don't Have Insomnia

You Have A Messed Up  
Sleeping Pattern

YOU. NEED. SLEEP.

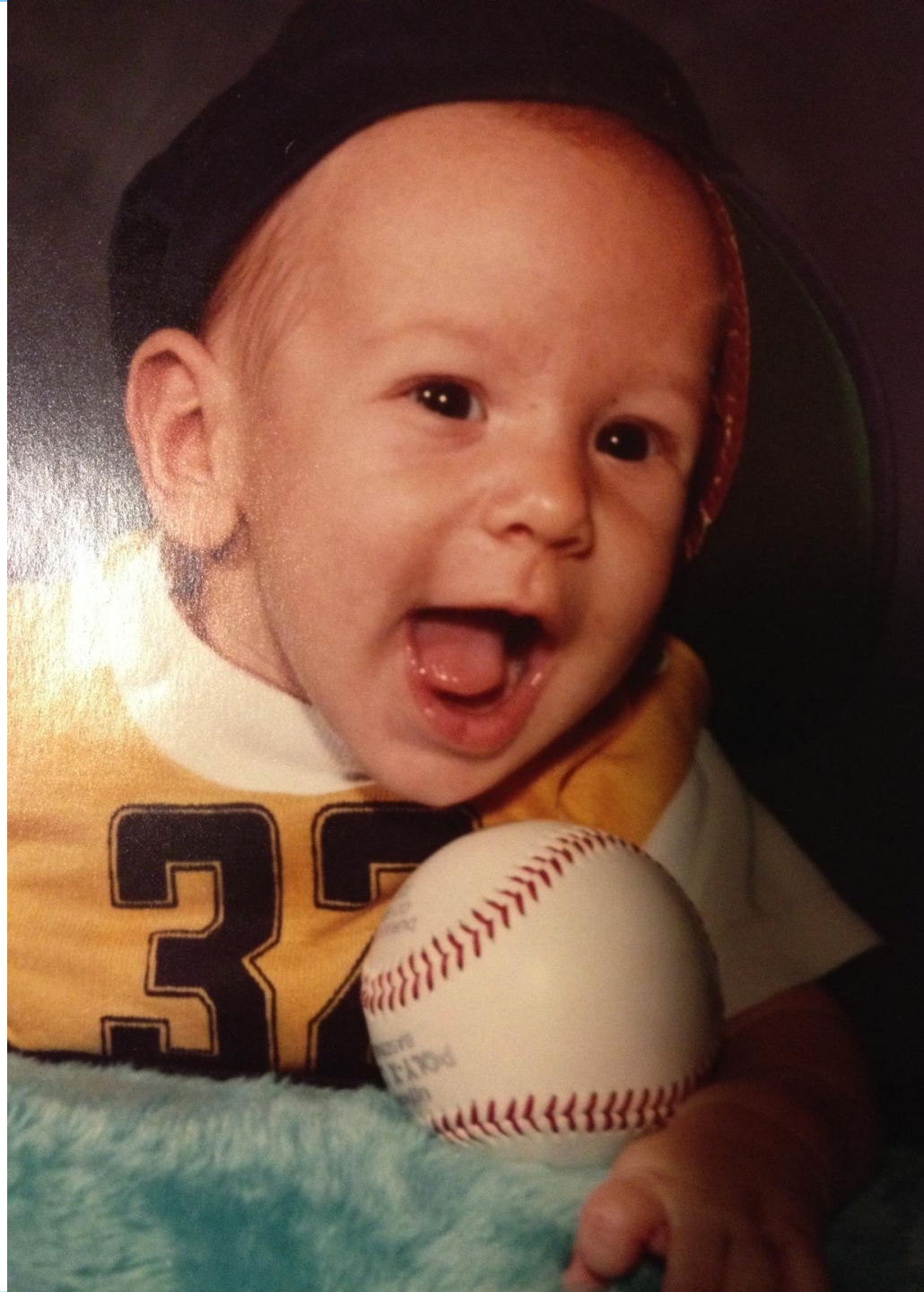




























# What Can Be Done?

- ◆ Social Emotional Learning
- ◆ Mindfulness
- ◆ Mind Up
  - ◆ Teach About the Brain
  - ◆ Take Time for Calmness
  - ◆ Learn How to Focus
  - ◆ Learn the senses
  - ◆ Increased Academic and Behavior Achievement

























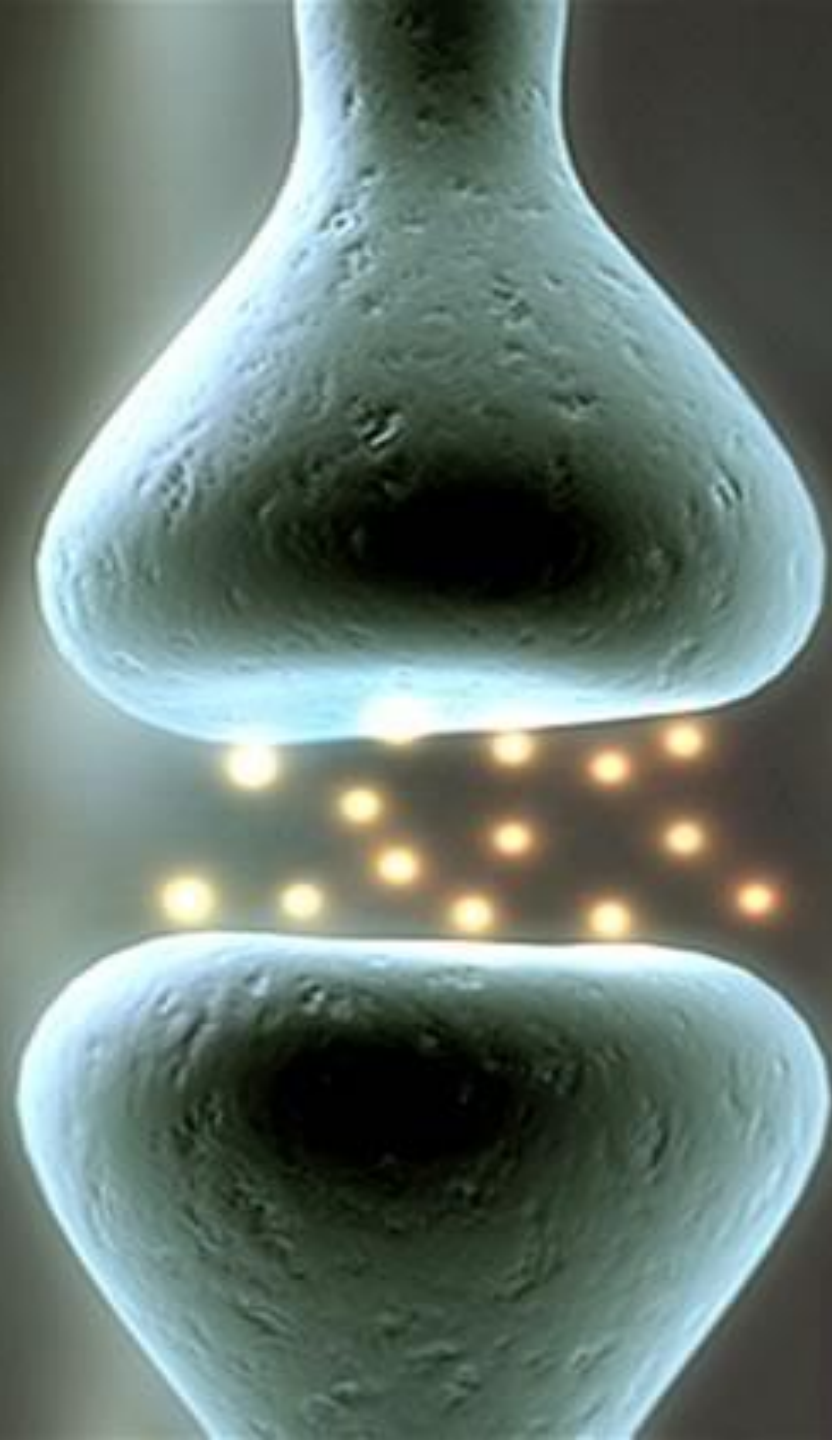


# Factors for Recovery

- Acceptance
- Self-Awareness
- Discipline
- Responsibility

# Coping

How you deal with stress from adversity, disadvantage and other problems in life.







The longer you use a coping mechanism.

The more automatic it becomes in your brain.

The deeper the pathways get.

The harder it is to change them.

# Survey of 500 college students

Top 5 Causes of Stress	Top 5 Coping Mechanisms
<ul style="list-style-type: none"><li>• School</li><li>• Body Image</li><li>• Dating</li><li>• Future</li><li>• Finances</li></ul>	<ul style="list-style-type: none"><li>• Eating</li><li>• Drinking Alcohol</li><li>• Exercise</li><li>• Talking to a Friend</li><li>• Not Sleeping</li></ul>

Tweet answers @rosseszabo







































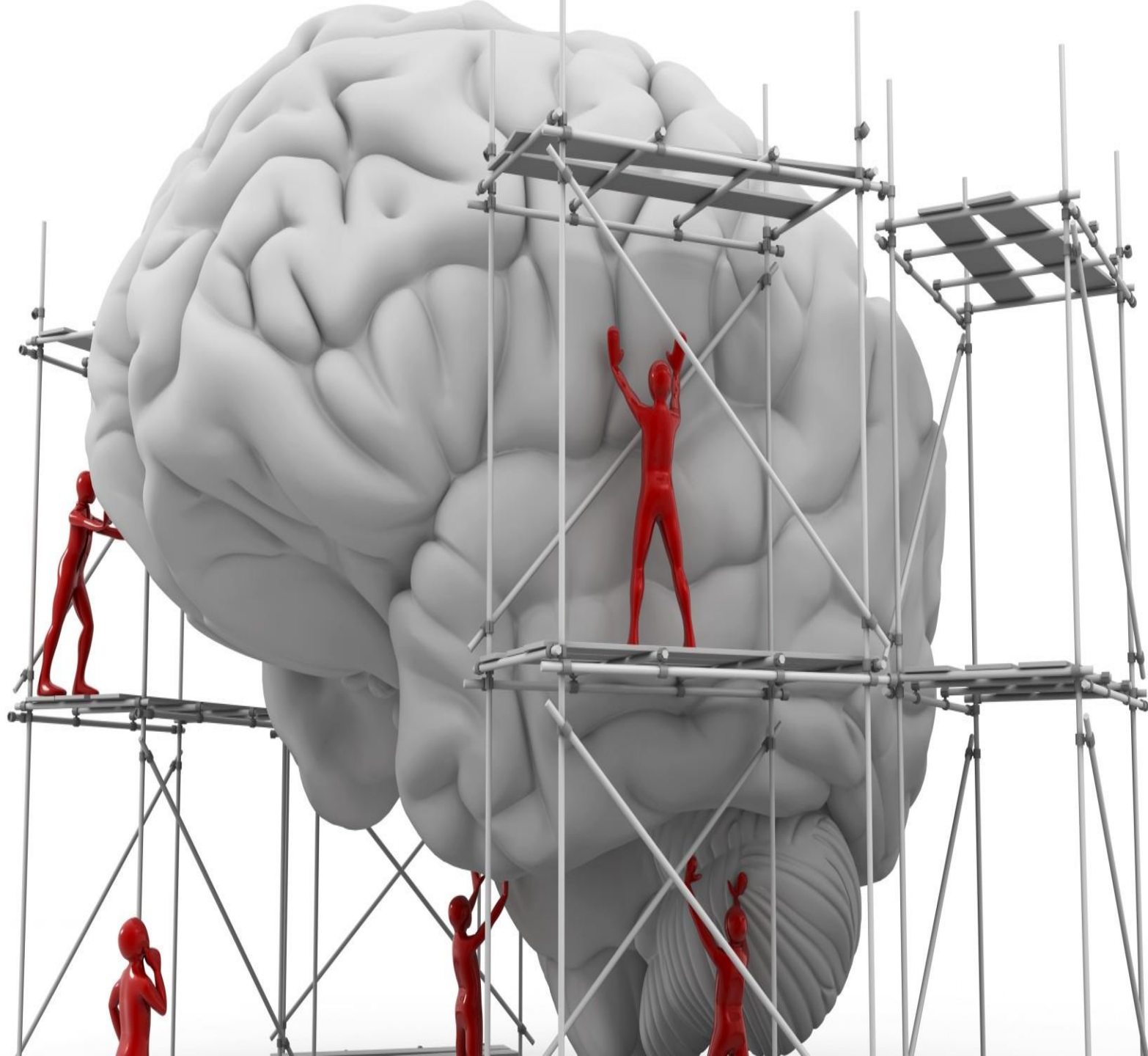
The time period from ages 12-24 is when most people develop coping mechanisms for life.

NOW is the time to focus on effective coping.



# Changing Ineffective Coping

1. You have to want to change ineffective coping.
2. Identify the coping mechanism while you're doing it.
3. Replace the ineffective coping mechanism.
4. Practice the effective coping mechanism.
5. Create an environment that helps you change and be patient.





@rosseszabo

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